

Special Interest Articles:

- "Get knowledge of the spine, for this is the requisite for many diseases." Hippocrates p4
- What warm-up is effective?
- Think Zinc.

Individual Highlights:

- Zinc Notes 2
- Research Corner 2
- Whiplash Cont. 3
- Did you Know? 3
- The Chiropractic Story 4

ENHANCE Chiropractic and Massage Sports Injury Centre



ENHANCE in Sport

The ENHANCE clinic has started its club involvement, supporting clubs in the local area and Canberra region. The ENHANCE Clinic is sponsoring the Gungahlin Bulls Minor Rugby League Club in the local competition. Youth sport is so important in an age where computer games and pay television are dominating our

children's leisure times. We need to be supporting groups that encourage our kids to be active. The Gungahlin Bulls do a great job of this and we are proud to be one of their sponsors.

ENHANCE are now also involved with the Canberra HEAT. This is the ACT volleyball team playing in the Australian Volleyball League. The HEAT

have started the season strongly, and look like being there when the time comes to hand out the medals. The next home game for the Canberra HEAT will be Saturday 27th April at the AIS. It will be a great opportunity for people to get out and support our own team in the AVL and see some great volleyball action.

The To and Fro of Whiplash

One of the most common results of car accidents are whiplash injuries. Whiplash occurs due to the neck being sent through a large range of motion at high speed with little or no control. This most frequently occurs in the forward and back movements of the neck, but can also occur with a side to side movement, and

also in the lower part of the back. Whiplash can sometimes take some time after the accident to become symptomatic, and it is therefore important to have yourself examined by a chiropractor as soon as possible after an accident to minimise the damage and increase the rate of repair. Whiplash does not require a car

accident to occur. This type of injury can be sustained through hitting your head, falling to the ground, or being hit in the head.

A whiplash injury involves tendinous and ligamentous damage to the ligaments and tendons surrounding the spine. Usually, this rapid movement (Cont. P3)

Dietary Tips



Attention endurance athletes and vegetarians: It has been discovered that endurance athletes following high-carbohydrate diets in an attempt to boost their performance are actually putting themselves at risk of a zinc deficiency. As well as anorexia and weight loss, zinc

deficiency can lead to decreased endurance, fatigue and an increased risk of osteoporosis. Zinc is also an important mineral for the immune system, for healing and for the skin. Zinc is similar to iron in that its richest source is from animal foods such as lean red meat. The best

vegetarian sources are wholegrain breads and cereals, dairy produce and nuts.

Whilst dietary modifications are commonly used to enhance performance, a balance must be maintained.

“Oxygen uptake was better in subjects that did the active warm-up, thus delivering more fuel to the working muscles”

Research Corner – When you’re hot, you’re hot.



Warming up before high intensity exercise is often recommended but why? A recent study in Scotland examined the difference in warming up through active exercise, sitting in a warm room (to heat up the muscles) and just sitting down for the period prior to activity. After the various warm-ups, subjects then performed a workout on a cycle ergometer.

The results of this showed no difference in the endurance of the subjects. Their

exhaustion levels were all the same. This demonstrates that a warm-up will not fatigue you prior to competing. It was also shown however that the oxygen uptake was better in those subjects that did the active warm-up, thus delivering more fuel to the working muscles. With respect to simply warming the muscles as opposed to actively preparing them, it was found that the muscles didn’t deal with the byproducts of

exercise (lactic acid) as efficiently if they had not been actively warmed up.

From this small study the benefits of an active warm up before intense exercise is obvious. The time you take to prepare properly will see you exercising more efficiently and more effectively.

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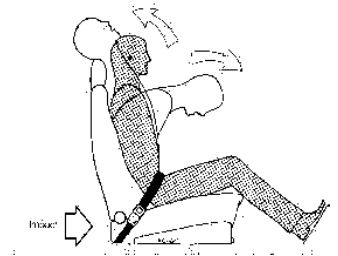
Whiplash.....Continued from Page 1

of the spine will also result in some level of spinal joint dysfunction. These injuries will have inflammation associated with them and will become self propagating if left to their own devices, as the body institutes muscle spasming as a protective measure, which will further complicate the joint dysfunction. One of the commonly seen long term problems associated with whiplash injuries is an alteration in the shape of the cervical curve. This means that

instead of your neck having a nice forward curve that keeps your head over your body's centre of gravity, and decreases stress through the neck, the curve can either straighten, or become reversed. This will then put further stress on the joints of the neck, and the supporting muscles around it. Whiplash injuries, although at the time of the incident may seem fairly harmless can be quite a serious and ongoing problem, and therefore good management early on

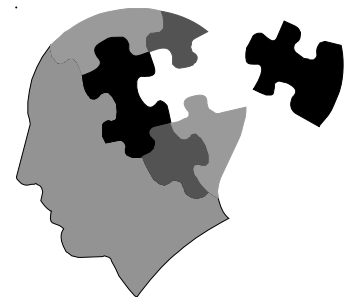
is a must. Whiplash symptoms such as neck pain and headaches can result from an impact velocity as low as 4km/hour. So don't take it for granted that you are fine just because the impact was small, or there wasn't much damage done to the car.

If the whiplash is a result of a car accident, chiropractic care is covered by all worker's compensation and compulsory third party insurance.



Did You Know ?

- A daily glass of wine can increase your weight by as much as 5kg per year.
- Even blind people can experience altered moods, behaviour etc. from colour. The vibratory energy is thought to travel right through the body.
- 2000 people die every year from skin cancer in Australia. This is the highest rate in the world.
- In Australia, 55% of men and 35% of women are regarded as being overweight or obese.
- A teenager who smokes regularly is 22 times more likely to use illegal drugs than one that is not addicted to nicotine.
- In 1776, one vote gave America the English language instead of German.



- There are no words in the English language that rhyme with orange, silver, purple or month.



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ENHANCE
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Why Chiropractic?

The actual profession of chiropractic - as a distinct form of health care -- dates back to 1895. However, some of the earliest healers in the history of the world understood the relationship between health and the condition of the spine.

Hippocrates advised: "Get knowledge of the spine, for this is the requisite for many diseases."

Herodotus, a contemporary of Hippocrates, gained fame curing diseases by correcting spinal abnormalities through therapeutic exercises. If the patient was too weak to exercise, Herodotus would manipulate the patient's spine. The philosopher Aristotle was critical of Herodotus' tonic-free approach because, "he made old men young and thus prolonged their lives too greatly."

But the treatment of the spine was still crudely and misunderstood until Daniel David (D.D.) Palmer discovered the specific spinal adjustment. He was also the one to develop the philosophy of chiropractic which forms the foundation for the profession.

Chiropractic treatment

is based on a premise that your nervous system is the main controlling influence on your body, and that any interference to that is made manifest in physical symptoms. The spine, which houses the spinal cord therefore is in a position to have quite a profound influence on the nervous system through the spinal nerves that exit from it. Altered movement of the spinal vertebrae can cause altered nerve transmission, either increased or decreased. This will then alter the end function of this nerve. Now when you consider that the nervous system in your body controls absolutely everything in your body from muscle control and movement through to bladder control and pain sensation, you can see how chiropractic may have far reaching effects. This must however be tempered with the knowledge that there are many reasons for different problems that are not initiated at the spinal level. These can sometimes be helped with chiropractic treatment, whilst others require medical intervention and should be treated as such. Your modern day chiropractor has

training in not only spinal manipulative therapy, but also in muscle release, myofascial release, injury management through rehabilitative exercise and electrophysical therapies. This means that an integrated, rounded treatment is available. The modern chiropractic degree takes a minimum of 5 years university training, covering over 5000 hours of study, placing the chiropractor as a highly qualified member in the healthcare team.

If you have any questions about chiropractic and how it may help you, feel free to contact the clinic on 6241 6060.

